

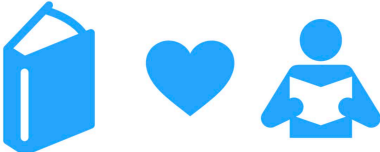







WHAT CAN I DO TODAY?

- Call a Friend 
- Listen to Music or an Audiobook 
- Read a Book 
- Have a Dance Party 
- Do Some Exercises 
- Talk to my Family 
- Sing 
- Bake Some Cookies 

WHAT CAN I DO TODAY?

- Play a Game



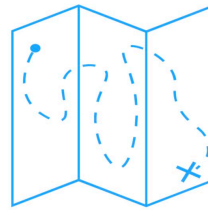
- Meditate



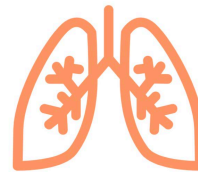
- Do a Time Capsule

MY 2020
COVID-19
TIME CAPSULE

- Do a Scavenger Hunt



- Practice my Breathing



- Write a Letter



- Walk my Pet



- Ask a Puppet a Question at www.tap-toronto.com